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Monday, January 5, 2015 www.metro.us | t: MetroNewYork | f: MetroNewYork

## Saying goodbye

**With honors.** Thousands turned out to celebrate the life of murdered NYPD Officer Wenjian Liu, described by his widow, Pei Xia Chen, as her "soulmate." PAGE 02



Pei Xia Chen, widow of New York Police Department Officer Wenjian Liu, cries while holding a picture of her husband during a funeral on Sunday in Brooklyn. / GETTY IMAGES

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Filling Grimm's seat won't be easy

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Gwyneth Paltrow is all about her specialness

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Fight the first day back to work blues

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NFL playoffs: Divisional round set

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\* Full time bachelor's, fall 2007 cohort.

# 1 NEWS

Top 3

## The best of Metro.us

1 Watch a supercut of people falling down stairs in movies

2 Video: Hannah Storm fights through tears while announcing passing of Stuart Scott on ESPN

3 Who is Twitter sensation Shawn Oakman?



On the go

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# Sea of Blue salutes slain NYPD officer

**Police.** Despite Bratton's warning, some officers turn back to mayor during eulogy.

The second officer who was gunned down in Bed-Stuy 15 days ago has been laid to rest. The streets outside Aievoli Funeral Home in Bensonhurst were filled with thousands of mourners from New York City and beyond Sunday morning, who came to pay their respect to Det. Wenjian Liu.

Uniformed officers in dress blues from the NYPD and other local and national agencies stretched down 65th Street from 13th Avenue to 18th Avenue — enough to make a passing officer gasp and point at the sight — and down local side streets.

Signs on businesses closed for the services, and in windows in nearby houses, read "RIP" and "God Bless the NYPD."

Liu was remembered as a model officer who personified the American dream. "Officer Liu believed in the possibility of making a safer world — all cops do," Police Commissioner Bill Bratton said at the funeral. Both Liu and Rafael Ramos were "murdered for their color, slain because they were blue," Bratton said.

Bratton posthumously promoted both Liu and partner Ramos to the rank of detective at Ra-



Police officers from across the country attend Liu's funeral service. To the right, Bratton speaks with officers attending the funeral. / TOP: GETTY IMAGES; BELOW AND BOTTOM: BESS ADLER

### Quoted

**"He was fearless in and out of work."**

Pei Xia Chen, Liu's wife

mos' funeral on Dec. 27.

"Det. Liu lifted all of us up in the too-brief time we were fortunate enough to have him with us. And New York City stands a little taller today because he walked

among us," Mayor Bill de Blasio said during his eulogy.

The mayor said Liu loved to go fishing and share the catch with his family, and would call his father after every shift to

### Dissent

#### Voice his protest

John Mangin, who retired from the NYPD in 2002, stood near the funeral home with a sign reading "God Bless NYPD, dump de Blasio."

Mangin said he stood facing forward while Mayor Bill de Blasio spoke.

"These cops do a great

job everyday, they probably do a hundred great things a week ... it's a very difficult job, it's a lot harder when the big man doesn't support you," Mangin said, referring to de Blasio.

Police Commissioner Bill Bratton on Friday asked cops not to turn Liu's funeral into a political event. Some cops did turn their backs.



let him know he was safe at home.

Some police officers standing farther away from the funeral home turned their backs on de Blasio as he spoke, despite a request by Bratton last week that they refrain from doing so.

Liu's wife Pei Xia Chen remembered her husband of only three months as her hero, soulmate and best friend.

"He was fearless in and out of work," she said, and "objective in his determination of the law."

"I thank you my extended family, my family of blue," she added.

The service followed last week's funeral for Officer Ramos, during which hundreds of officers outside the Queens ceremony turned their backs during de Blasio's eulogy.

De Blasio's address focused on Liu's life, avoiding any mention of the weeks of demonstrations for police reform which police unions say encouraged the officers' killer to target them.

After the funeral service, Liu's casket was carried out as thousands of officers stood in salute. The police flag was folded and given to Liu's widow.

Robert Samuel, a local resident, said he walked over to 65th Street with his family to play his part in the tribute.

"It's just really sad," Samuel said.

WENDY JOAN BIDDLECOMBE and CHESTER JESUS SORIA  
Wendy.Biddlecombe@metro.us

### Quoted

**"Detective Liu's dream was clear — and it was a noble one — to don the blue uniform, to pin on the badge, and to dedicate himself to protecting and serving the city he loved."**

Mayor Bill de Blasio



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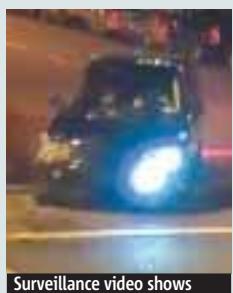
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## Fatal accident

**Man killed,  
woman injured  
by SUV on  
Upper East Side**

A New Jersey man died on Sunday after an SUV struck him while he was crossing an Upper East Side street.

Wesley Mensing, 27, and Erin Sauchelli, 30, were crossing Lexington Avenue at East 62nd Street when



Surveillance video shows the damaged vehicle. / NYPD

a Mercedes Benz SUV hit them at around 7:18 p.m. on Saturday.

Paramedics rushed the pair to New York-Presbyterian Hospital.

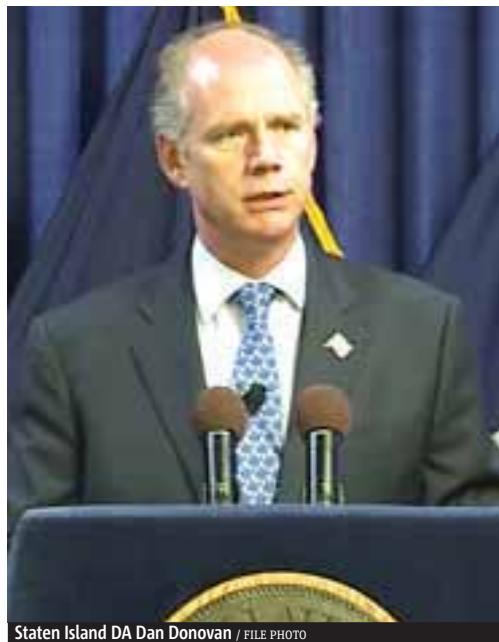
Mensing, who lived in Scotch Plains, New Jersey, and was recently recognized as one of the country's best young golf instructors, died from severe head trauma.

Sauchelli remained in

stable condition on Sunday. Cops said they arrested the 45-year-old driver, who stayed at the scene after the accident. He was issued a summons for operating the car without a license.

Golf Digest named Mensing, who taught in Edison, New Jersey, one of 11 top teachers who represented "the future of golf instruction."

CHESTER JESUS SORIA



Staten Island DA Dan Donovan / FILE PHOTO

## Grimm's replacement riles, rallies SI voters

**Controversy.** Staten Island DA Dan Donovan's role in Eric Garner case casts a shadow.

### Battle of the ballots

New York's 11th Congressional District:

- Democrats: 191,072
- Republicans: 105,501
- Unaffiliated: 86,207

### Results of 2014 election:

- Michael Grimm (R): 58,886
- Dominic Recchia (D): 45,244

Source: New York State Board of Elections

Embattled Staten Island Republican Michael Grimm steps down from Congress on Monday, leaving the door wide open for the prosecutor at the center of the Eric Garner case to replace him.

On Friday, top Republican leaders threw their support behind Staten Island District Attorney Dan Donovan to succeed Grimm, who abruptly announced he would resign after pleading guilty to federal tax fraud over a health food restaurant he once owned.

Donovan's backers include former Mayor Rudy Giuliani and Staten Island GOP Chairman John Antoniello.

A Donovan candidacy would be "a slap in the face to the police reform movement," said Linda Sarsour, a resident of Grimm's district and a member of Justice League

NYC, which helped organize street protests calling for police reform in the wake of Garner's death.

Justice League NYC has been demanding the arrest of Police Officer Daniel Pantaleo for allegedly killing Garner.

Donovan did not immediately respond to Metro for comment.



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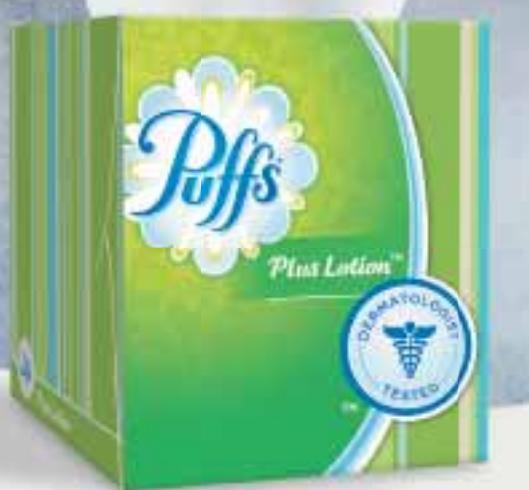


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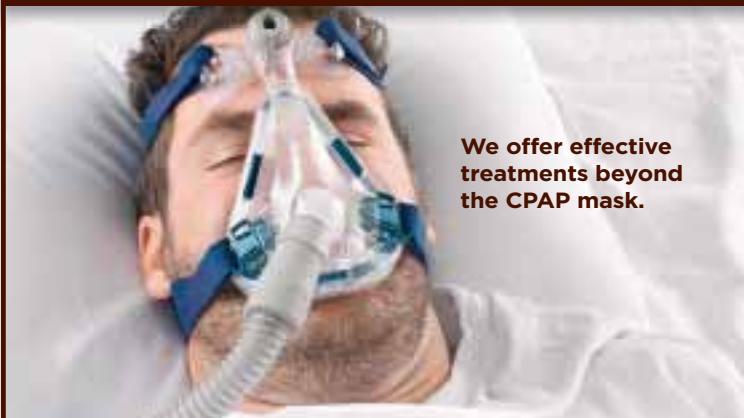
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**NEW YORK**

**6**

**Shooting**

**Cops seek  
suspect in  
nightclub  
shooting**

A gunman shot a man in the foot outside a Brooklyn nightclub early Friday morning before walking away from the scene.

Cops released surveillance video taken at a parking lot near the Nova nightclub at 1819 Utica Avenue near Avenue J. Paramedics rushed the unidentified victim to Kings County Hospital. He was later released.

**CHESTER JESUS SORIA**



The suspect / PROVIDED

**Funeral. Plans for  
Mario Cuomo detailed**



Andrew, left, and Mario Cuomo / GETTY IMAGES

Former Gov. Mario Cuomo will be mourned and laid to rest early this week.

New Yorkers are invited to attend the late liberal lion's wake on Monday between 1 p.m. and 5 p.m. and again between 7 p.m. and 10 p.m. inside the Frank E. Campbell Funeral Home at 1076 Madison Avenue on Manhattan's Upper East Side.

Friends and family will attend a funeral service on Tuesday, Jan. 6 at the nearby St. Ignatius

Loyola Church.

The three-term governor passed away on Jan. 1 at the age of 82, hours after eldest son Andrew was sworn into his second term at the World Trade Center on New Year's Day.

"He couldn't be here physically today, my father," Andrew told the crowd at his inauguration. "But my father is in this room. He is in the heart and mind of every person who is here."

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## Membership

**UK's Cameron will push EU referendum forward if possible**

Prime Minister David Cameron said on Sunday he would like to bring forward a planned referendum on Britain's membership of the European Union

from 2017 if possible. Under pressure from Euroskeptic members of his own party and the rise in popularity of the anti-EU U.K. Independence Party (UKIP), Cameron has pledged to renegotiate Britain's ties with the 28-nation bloc and try to claw back powers to London.

He has said he will hold a referendum in 2017 if his Conservatives win a

national election on May 7. "If I think we could do that earlier I would be delighted. The sooner I can deliver on this commitment of a renegotiation and a referendum ... the better," he told the BBC.

Cameron is set to discuss his reform plans, which include

restricting EU migrants' access to welfare payments, with German Chancellor Angela Merkel in London on Wednesday. He has said they will require treaty changes, but Merkel has made clear she will not allow the EU's rules on workers' freedom of movement to be diluted.

REUTERS



DAVID CAMERON / GETTY IMAGES

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A U.S. navy helicopter Seahawk from the USS Sampson flies near an Indonesian Air Force plane CN 295 during search of AirAsia Flight 8501 in Pangkalan Bun, Central Kalimantan province. / GETTY IMAGES

## Bad weather frustrates search divers

**Five pieces.** Ships pinpoint large objects believed to be plane parts

Bad weather forced divers trying to identify sunken wreckage from a crashed AirAsia passenger jet to abort their mission on Sunday and Indonesian officials said they had not yet picked up any signals from the lost plane's "black box."

Indonesia's meteorological agency has said seasonal tropical storms probably contributed to last Sunday's crash and the weather has persistently hampered efforts to recover bodies and find the cockpit voice and flight data recorders that may explain why the Airbus A320-200 plunged into the sea.

"Conditions did not allow diving operations," the head of Indonesia's search and rescue agency, Fransiskus Bambang Soelistyo, told a news conference in Jakarta. "Our priority is to dive in the location we suspect parts of the plane to be."

Flight QZ8501 crashed into the Java Sea about 40 minutes after taking off last Sunday from Indonesia's second-largest city, Surabaya, en route for Singapore.

### Quoted

"Based on past experience, the black box is not far from the plane debris we have found." Soelistyo

There were no survivors.

The main focus of the search is about 90 nautical miles off the coast of Borneo island, where five large objects believed to be parts of the plane — the largest about 59 feet long — have been pinpointed by ships using sonar.

Soelistyo said that none of the searching ships had detected any "pings," the locator signals the black box should transmit after a crash.

Until investigators can examine the black box recorders the cause of the

crash remains a mystery, but the area is known for intense seasonal storms. BMKG, Indonesia's meteorological agency, has said bad weather may have caused ice to form on the aircraft's engines.

"The flight document provided by the BMKG office shows fairly worrying weather conditions for the aircraft at cruising level on the chosen route," the agency said in a report.

REUTERS

## Senator: US troops should start to return from the 'Ebola zone'



An Ebola treatment center built by the United States army in Bomi County in western Liberia. / GETTY IMAGES

At least 1,000 troops deployed to Liberia to help combat the Ebola virus should be brought home because their work is mostly done, Sen. Chris Coons said.

The outgoing chairman of the Senate Foreign Relations subcommittee on African affairs, who visited Liberia last month, said the U.S. military can begin scaling back its work in West Africa and make better use of the money spent there.

"We can bring home a thousand or more of these troops now," the Delaware Democrat said on CBS's "Face the Nation" program.

President Barack Obama authorized sending as many as 4,000 U.S. military personnel to West Africa last fall to build treatment centers and do other work that doesn't involve direct contact with Ebola patients.

Coons said he visited 2,400 troops from the 101st Airborne Division now in Liberia.

"The raging epidemic that threatened the whole country in September is now down to a few embers scattered across the country," Coons said. "But we need a new strategy to adapt to conditions on the ground."

Coons said some troops should remain "for the rest of the year"

to help Liberians transform Ebola treatment centers into community health clinics and local labs.

The Pentagon established no deadline for its Ebola-fighting mission. The deadly virus has killed more than 7,500 people in West Africa, mostly in Liberia, Sierra Leone and Guinea, according to the World Health Organization.

BLOOMBERG

### Quoted

**"They're currently bored because they've accomplished a lot of their mission of building infrastructure, building new Ebola treatment units all over the country, deploying new military testing labs all over the country and setting up a vital infrastructure."** Sen. Coon



Chris Coons  
GETTY IMAGES

### Boston

#### Jury selection to begin in trial of accused bomber

The selection of jurors is set to begin on Monday in the trial of the man accused of carrying out the 2013 Boston Marathon bombing that killed three people and wounded more than 260 others in the largest mass-casualty

attack on U.S. soil since Sept. 11, 2001.

Dzhokhar Tsarnaev, a 21-year-old ethnic Chechen who is a naturalized U.S. citizen, could get the death penalty if convicted in federal court in Boston. He has pleaded not guilty to all 30 charges against him.

Tsarnaev, due to be in court today, is accused of detonating a pair of home-



Courtroom sketch of Dzhokhar Tsarnaev. Sketch by Jane Flavell Collins. / NICOLAUS CZARNECKI, METRO  
REUTERS

made bombs placed amid a crowd of thousands of spectators at the race's finish line on April 15, 2013.

He was arrested four days after the bombing. Prosecutors say he and Tamerlan Tsarnaev, his 26-year-old brother, later shot and killed a university police officer. The brother died after a wild gun battle with police.

REUTERS

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NEWS 10

# Three ways President Obama can mess with Republicans in 2015

**New year.** The list may well include some new maneuvers to enrage the opposition party.

#### **Keystone**

Obama was coy throughout the midterms about which way he'll go, maintaining that it was in the State Department's hands and that he would weigh the pros and cons. But he doesn't want Congress to tell him what to do. And in recent weeks, he's hinted strongly that he's turned against Keystone XL. He told comedian Stephen Colbert that while it would be good for Canada, "it's not going to push down gas prices here in the United States," and that any economic benefit must be weighed against contributing to the warming

of the Earth, "which could be disastrous." In his year-end news conference, the president said that "it's not even going to be a nominal benefit to U.S. consumers." Asked whether he was issuing a veto threat, he demurred. "I'll see what they do," he said of Republicans in Congress. "We'll take that up in the new year."

#### **Campaign finance reform**

So-called dark-money nonprofits, such as those affiliated with the Koch brothers, could find it much harder to muck around in elections. Under current practices, up to half of these groups' money can be spent on politics. Changes to the Internal Revenue Service regulations governing 501(c)(4) social welfare organizations could shrink the percentage they can devote to election activities such as advertising. Overall, the aim would be to make



President Barack Obama  
GETTY IMAGES

it more difficult for any nonprofit group to engage in campaign politics; in practice, it would likely be perceived as a disproportionate handicap of conservative donor-backed organizations.

#### **Climate change**

Last year, Obama proposed

power-plant standards Republicans oppose to reduce carbon dioxide by 26 percent by 2020 and 30 percent by 2030 from 2005 levels. The standards are set to be issued in June, and then states will have another year to adopt their own plans to carry the standards out. Senator Mitch McConnell will make it a top priority to try to stop President Obama, either by blocking funding to carry out the policy or by changing provisions of the Clean Air Act, said David Doniger, director of the Natural Resources Defense Council climate and clean air program. "It will be fought over by the Republicans all through the year," he said. BLOOMBERG

#### **Quoted**

"There will be lots of lawsuits and so on. But the administration's very committed to this."

Doniger

#### **Sony hack**

## US slaps more sanctions on North Korea

North Korea was hit with more sanctions on Friday designed to impede access to the U.S. financial system in the wake of a cyberattack on Sony Pictures Entertainment, which the Obama Administration has said was supported by the reclusive country.

The U.S. named three entities, including North Korea's military intelligence agency, and sanctioned 10 people with links to weapons sales and proliferation.

Financial sanctions have been

effective in bringing pressure on Iran and Russia, but they have had limited impact on North Korea, which has been sanctioned by the United States for more than 50 years.

"It's not as if they travel a lot abroad to western Europe or the United States. ... They don't have billions of dollars in western banks," said Joel Wit of 38North, part of the U.S. Korea Institute at Johns Hopkins University in Washington.



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## Catholic diversity push. Pope Francis names 15 new cardinals

Pope Francis named 15 new cardinals Sunday, including men from Tonga and Myanmar, as the South American-born pontiff seeks to demonstrate the global diversity of the Roman Catholic church.

Francis will formally install the bishops and archbishops as cardinals on Feb. 14, according to a statement on the Vatican's news website. They come from 14 countries "from every continent," Francis said, and "manifest the indissoluble links between the Church of Rome and the particular Churches present in the world." Those elevated also include men from countries such as New Zealand, Thailand, Uruguay and Ethiopia.

The pope, 78, also said he will hold a meeting of all cardinals on Feb. 12 and 13 to "reflect on the orientations and proposals for the reform" of the administrative apparatus of the Church. Francis, from Buenos Aires, is the



Pope Francis addresses the crowd from the window of his library during Sunday Angelus prayer at the Vatican. / GETTY IMAGES

### Archbishops and bishops

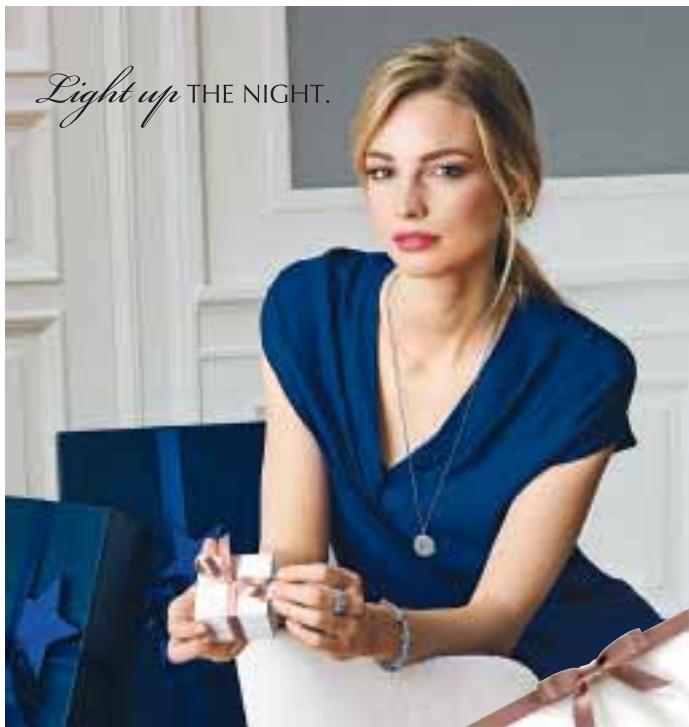
**5**

Francis, who became pope in 2013, also named five retired archbishops and bishops as cardinals. They are 80 or older and ineligible to vote for the next pope, according to the Associated Press.

first non-European pope in more than 1,200 years.

The Argentine-born pontiff has been leading a movement for change within the church, emphasizing the need to care for the poor, and using the power of his office on the diplomatic front.

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# How to stop procrastinating once and for all

## Schoolwork.

**Understanding why we put off tasks is crucial.**

It's a New Year's resolution college students the world over make over and over: "This is the year that I will stop procrastinating on my assignments."

But one professor says that the first step to ending this habit is to rethink the way we view it.

"The research shows that self-awareness is the first step in any kind of behavior change," says Dominic Voge, Associate Director of the Undergraduate Learning Program at Princeton Uni-

versity. "Most people see procrastination as some kind of failure in yourself, but that's a fundamental misunderstanding of the problem."

We asked Voge why so many of us procrastinate and what we can do about it.

## Identify the problem

"Procrastination is often a self-protection strategy," he explains. "It's protecting our self-concept of being capable and smart people."

This concept is particularly common among college students, many of whom are experiencing an academically competi-

tive environment for the first time. "If we wait until the last minute to study or write a paper, we can say to ourselves, 'If I perform poorly, it's because I didn't have enough time,'" Voge says.

## Give yourself a fun goal

Part of the reason procrastination often feels like an insoluble problem, says Voge, is because "Procrastination feels like a big wall, [it blocks you]. So what is something that is going to get you over that wall?"

Voge suggests making a list of your interests and long-term goals to figure out your motivations. Do



Getting back into the swing of schoolwork can take time. / CREATAS

## Planning

## Learn to use blocks of time

"It's easy to say 'Why even start' if you only have an hour between classes or if you are really tired, notes Voge. "But you can say, 'Instead of watching TV, I can review my notes from class or I can skim a chapter of my textbook,'" he

says. The trick is to assign yourself reasonable tasks. A half-hour is probably not enough to do your chemistry assignments, but it's enough time to review vocabulary for a language course.



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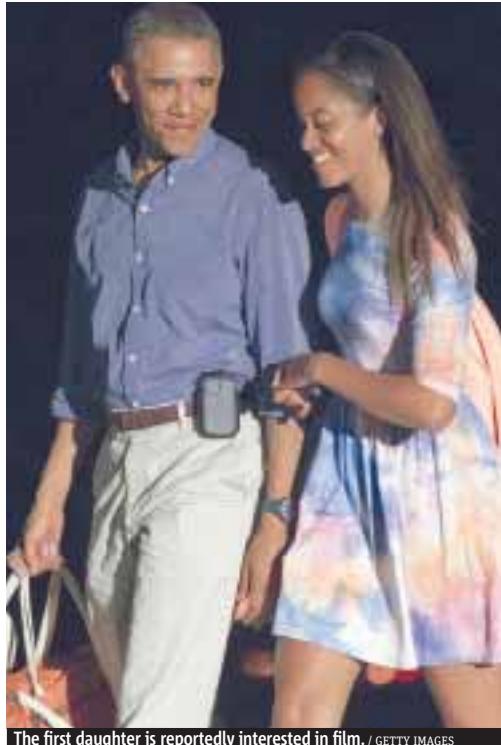
## First daughter. High school junior Malia Obama starts looking at potential colleges

As President Obama starts the final two years of his presidency he'll probably be adding several trips to his personal agenda. His oldest daughter, Malia, starts her college search.

Now a 16-year-old high school junior, Malia reportedly visited both Stanford University (Chelsea Clinton's alma mater) and the University of California at Berkeley last summer. But if she wanted to follow in the footsteps of several of her family members, there are several schools right here on the East Coast that she may want to consider. The president has said that Malia is possibly interested in studying film.

### Barnard College

Malia's aunt (and the President's half-sister) Maya Soetoro-Ng attended the Barnard in the early 1990s. Added bonus: the college



The first daughter is reportedly interested in film. / GETTY IMAGES

Dad's alma mater

### Columbia University

The Ivy League campus uptown is, of course, where President Obama graduated from in 1983. Fittingly, the president majored in political science with a minor in international relations.

has had a film studies program since 2002.

### Princeton University

Both Michelle Obama and her brother, Craig Robinson, are graduates of the Ivy League university. In addition to having the chance to take classes in film studies, Princeton alums in Hollywood include director Ethan Coen of the Coen brothers.

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# Why Aren't Doctors Telling About These Two Often

## *Two Advanced Medical Treatments Every Knee Arthritis Sufferer*

by OsteoRelief Center

OsteoRelief Center is a medical clinic with locations in Mid-town NYC, Financial District NYC And north Jersey that has treated thousands of knee arthritis patients since 2009.

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee arthritis pain, you have probably already tried many treatments ... especially countless pain medications.

Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

### Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

*Two options that a lot of knee arthritis sufferers have never heard of.*

Before we get into the two treatments, please understand this...

OsteoRelief Center is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the country to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

**Know this fact:** There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

### #1

#### Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that, here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make natural synovial fluid gel-like compounds that, during viscosupplementation, treatments... doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

#### What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

#### But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at OsteoRelief Center use advanced digital imaging so they can see the medicine going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without imaging miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this special digital imaging without good results - this may be why.

That's why OsteoRelief Center takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

#### Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups. Just like all medications, some people respond better to some than others. While many doctors only use one brand, the experts at Osteorelief Center use several and great effort is taken to figure out what the best one for YOU is.

One last thing: The experts at OsteoRelief Center have found that the earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why OsteoRelief is now seeing so many patients as young as 45.

**Summary:** If you have knee arthritis pain and have not tried Viscosupplementation, you should look into it as soon as possible.

If you have tried it without good results, you may still be able to get great results with the proper imaging and specific medication.

#### What Should You Do If Viscosupplementation Fails?

When conservative treatment, including visco supplementation fail... most knee arthritis sufferers believe their only option is total knee replacement surgery.

**This is not true... and here is why**

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#### #2 Radiofrequency Neurotomy

This treatment is called, "RadiofrequencyNeurotomy." RF for short

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerves

# Knee Arthritis Sufferers Successful Treatments?

## *Needs To Know - Before Or After Knee Replacement Surgery*

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (G - RF) is performed for long term relief.

### Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a postprocedure adverse event during the follow-up period. RF neurotomy of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all research, more studies should be done to get even more answers.

### Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

### What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

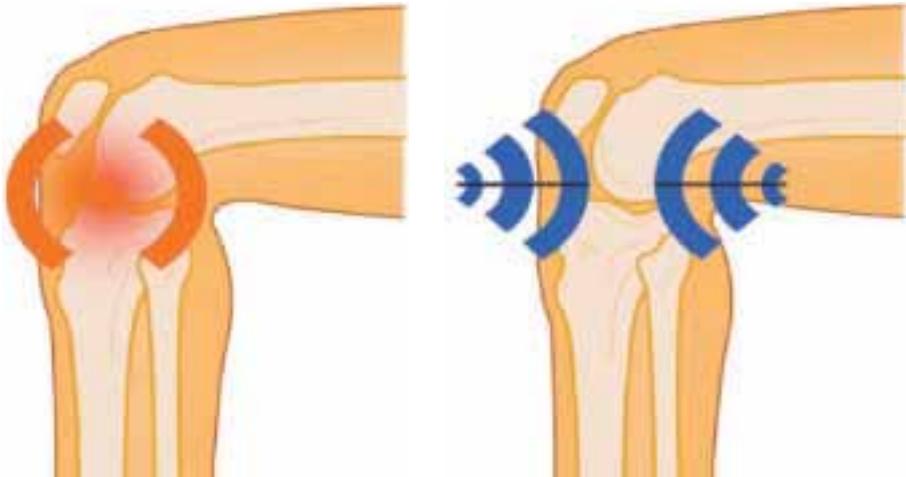
Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

OsteoRelief Center believes this "X" factor is one of the

### Advanced Treatment Uses Radio Frequencies To Relieve Knee Arthritis Pain



**Science rescues knee arthritis sufferers?:** Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

reasons so many knee arthritis sufferers travel from all over the country to be treated at one of their advanced medical clinics.

### Your Invitation

OsteoRelief Center offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments

offered at OsteoRelief fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

If you would like a complimentary screening, just call 800-227-KNEE(5633) and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

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# How to get ready to return to school in 2015

**Preparation.** Get organized before hitting the books.

Have you made a New Year's resolution to finally finish (or start) your college degree? Congrats, that's a big step.

Here are some tips for making sure you have all of the information you need well before deadline.

## Do some soul searching

When you picture your dream career, what do you see? Do you like working with children? With food? In a scientific field? Having a clear goal will make finding (and finishing) a degree easier.

It's also a good idea to start informally interviewing friends and relatives in careers you are interested in to get a good sense of what a day

in your dream job is like.

## Start going to open houses

The new year is often the season for open houses and campus visits. See if you can sit in on a class, and remember to talk to currently enrolled students so that you can get the inside story. Added bonus: Some colleges waive certain application fees if you attend an open house.

## Research testing dates

Does your program require you to take the SATs or other standardized exams? It's also a good idea to see if the schools on your list have their own math or writing exams that they administer to prospective students.

## Order your old transcripts

If you are a returning student, it's important to figure out which of your credits will transfer. Ordering transcripts and gathering recommendation letters can take awhile, so it's good to start the process early.

## Research tuition reimbursement

Does your current company have any sort of tuition reimbursement program? School is much less stressful when somebody else is footing at least part of the bill.

## Do your financial aid homework

Remember to fill out the FAFSA and other aid forms accurately. Be sure to also look into any academic scholarships you could apply to.



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## Paperwork. Filling out the FAFSA form is the first step to getting financial aid for college

While most colleges had an application deadline of January 1st, high school seniors still have one very important form to fill out.

The FAFSA (or Free Application for Federal Student Aid) is used to determine each student's financial aid package — a package many families rely on to select their final choice once decision time comes around. Filling out the form incorrectly often means the loss of much-needed funds.

A new program sponsored by the Lumina Foundation's MoveED for Goal 2025 and the crowd funding education site DonorsChoose.org wants to help local New York City students get all of the aid they qualify for. The incentive program is aimed at public school teachers and will reward those educators who assist and encourage their students to successfully complete the form.

"For many low-income



Some students need guidance as they navigate the financial aid process. / DIGITAL VISION

and first generation students, completing the FAFSA can be a confusing — even daunting — process," said Jamie Merisotis, the CEO of Lumina Foundation says in a statement. "By providing students with the resources and counseling they need to complete the application, teachers can help students take the

first tangible step toward making their college-going dreams a reality."

The first 15 teachers who submit receipts showing that at least 15 of their students filled out their FAFSAs are eligible to receive \$500 in Donors Choose credits to fund classroom projects.

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### The schools

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- Mott Hall High School
- New Heights Academy Charter School
- Norman Thomas High School
- Wadleigh Performing Arts High School
- Washington Irving High School

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# 2

## CULTURE



### Twitter feed

Today, John Stamos isn't feeling too great, Thandie Newton is raising some smart kids, Ricky Gervais has some ignoring to do, Mindy Kaling is getting into the spirit of the season and Jason Alexander might think he's still on "Seinfeld."

@JohnStamos: Taking night time meds is like getting hit in the head with a board — only you feel better in the morn if you get hit in the head with a board

@thandienewton: Mummy do u know what I love most about Chess? that the Queen is the most powerful piece" My 10 yr old :)

@rickygervais: A new scientific study shows that being ignored has a similar emotional effect to being punched in the face. Twitter just got even more fun.

@mindykaling: I can't wait for those weird Sundance cast portraits where everyone is hugging each other in Sorel boots

@JasonAlexander: can you even contemplate the complete lack of imagination that went into naming the hole in the living room the "fire place"?

## Gwyneth Paltrow wants you to know about her 'specialness'

In case anyone was wondering, Gwyneth Paltrow has some more details about her "conscious uncoupling" from husband Chris Martin last year, conveniently contained in a nice, neat Marie Claire feature interview. The biggest revelation? It turns out that we were all just expecting too much from Paltrow, who really just needed some "me" time. "I had built my life on trying to be all things to all people, and I just couldn't do it anymore. I really had the sense that I wasn't

allowed to have needs, and I had to prove my specialness or self-worth by doing all this stuff and taking care of everybody else. And I just sort of hit a wall," Paltrow tells the magazine. I'd rather not kick off the year psychoanalyzing a mondo-size case of self-martyrdom, so instead I'll just say glad you're feeling better, Ms. Paltrow. You do you.



## Bono may continue to not play guitar after accident

In a 2014 year-in-review post on his band's blog, Bono let slip that following his nasty bicycle accident in Central Park — leaving him with an arm broken in six places — his guitar-strumming days may be over. "Recovery has been more difficult than I thought," he explains. "As I write this, it is not clear that I will ever play guitar again."

Call me a terrible person, but all this talk of Bono not playing guitar just makes me think of U2's 1987 video for "With or Without You," which always stuck out to me because in it Bono holds a guitar behind his back the whole time, ready to be whipped around

and played, but he never, ever does. I always wondered why he bothered bringing the guitar to the video shoot in the first place if he wasn't going to play it. But hey, at least he has plenty of practice at not playing guitar.



## THE WORD

Ned Ehrbar takes on the world of gossip.

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## Sam Raimi is ashamed of 'Spider-Man 3'

Remember the last Tobey Maguire-starring Spider-Man movie, "Spider-Man 3"? With the extra villains? And the dance break? Well, director Sam Raimi would be fine with you forgetting all about it. "It's a movie that didn't work very well. I tried to make it work, but I didn't really

believe in all the characters," he tells Chris Hardwick during a visit to the Nerdcast podcast, describing "Spider-Man 3" as an "awful" movie. "If the director doesn't love something, it's wrong of them to make it when so many other people love it." I wonder what he thinks of "The Amazing Spider-Man 2."



### Daily video

## Marvel has a sense of humor about 'Ant-Man'

It's a new year, which means new Marvel movies to get excited about. The comic book giant is kicking things off with a glimpse of its upcoming "Ant-Man," due in theaters in July. Sure, the teaser doesn't officially debut until Tuesday's premiere of the new "Agent Carter" series, but those eager to see it earlier can have a glimpse — if they have really, really great vi-

## Kaley Cuoco-Sweeting vs. Leighton Meester in 2015's first feminism-off!

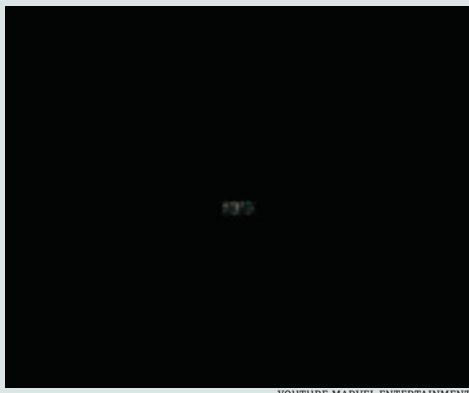
We're apparently kicking off the New Year with a continuing debate on what a feminist is and who wants to be one. Awesome sauce! First up is Kaley Cuoco-Sweeting, who responds to a Redbook query about whether or not she considers herself a feminist with, "Is it bad if I say no?" She goes on to explain: "I was never that feminist girl demanding equality, but maybe that's because I've never really faced inequality." But! New challenger approaching! Former "Gossip Girl" star Leighton Meester was posed the very same question and instead replied, "It shouldn't be some sort of sensational news item" that she considers herself a feminist. "It's something that I think all people should say about themselves." You hear that, Cuoco-Sweeting? All people. You just going to sit there and take that?



ALL PHOTOS GETTY IMAGES

## Joseph Gordon-Levitt got married and didn't tell you

Not only has Joseph Gordon-Levitt had a girlfriend for quite some time, but they even went and got married when nobody was looking. He and Tasha McCauley were wed in a private ceremony at their L.A. home before Christmas. Oh, and his now-wife is actually a lot cooler than he is. McCauley is a futurist and the CEO and co-founder of robotics company Fellow Robots. A robotics company!



sion. As is befitting a tiny hero, the studio posted the teaser online in minia-  
ture a few days early. See what you can make out in there.

# The breakthrough: Phoebe Fox

**Greetings.** An English actress heads up a genre she didn't initially like in "The Woman in Black 2: Angel of Death."

There's a long tradition of English stage actors finding themselves in understated British horror films. The latest is Phoebe Fox. After a handful of television appearances, she graduates to lead duties in "The Woman in Black 2: Angel of Death," in which she plays a school mistress trying to save a group of displaced children from an evil ghost.

**Were you a horror movie fan prior to signing up with this?**

I wish I could say I was.



PHOEBE FOX  
GETTY IMAGES



Phoebe Fox plays a school mistress fending off a ghost in "The Woman in Black 2: Angel of Death." / NICK WALL

I scare incredibly easily. I had only ever seen horror films by mistake. I remember being on a school trip where the communal DVD was "The Ring," which left me permanently

scarred. Since working on "The Woman in Black" I sort of got into them. I now quite enjoy the thrill of watching a horror movie. I actually went to the cinema and paid to see a horror film the other day, which would never have happened earlier.

**Was the fact that this is a**

**more suggestive horror film something that made the job easier to take?**  
Absolutely. I don't think I would have been that keen to do a gore film. What I loved about this is although it's about a woman battling a ghost, it's also about a woman battling her own demons. In the case

## Another view

### Kids these days

**You're also spending most of your scenes acting with children.** They were lovely, but they realized I was a bit of an easy target. Every time something went wrong on set ... they'd all chime in unison, "Oh, Phoebe!" I was a little bit bullied by the children, I guess. But they were great actors, actually. I hate to sound surprised.

of my character, she's traumatized by this baby she's given up. She's battling her own guilt. You have this emotional drive and heart you can connect to outside of the jumps and the scares.



MATT PRIGGE  
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## DON'T QUIT YOUR DAY JOB (YET)

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Michael Chernow ('08 grad) recently opened his 6th Meatball Shop in NYC

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## DRAMA

**‘Gotham’**

Detective Gordon has his hands full at his new assignment at Arkham Asylum once a guard is murdered there. Gotham should really consider some new policies for that place. **8 P.M., FOX**

## TALK SHOW

**‘Late Show with David Letterman’**

Kathy Griffin stops by to talk about her new hosting gig at “Fashion Police,” and David Oyelowo, star of the movie “Selma,” also appears, to remind us all that we should really see “Selma.” **11:35 P.M., CBS**  
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# Forgettable but respectable



**Horror.** ‘The Woman in Black’ sequel: Even scary sans ghosts.

Forty years after the events in the Daniel Radcliffe-led “The Woman in Black,” a young schoolteacher (Phoebe Fox) trying to protect a group of children during WWII happens upon an evil ghost with its sights set on one of her young, catatonic charges.

**The lowdown** The second “The Woman in Black” is one of those films that in the '50s or '60s would have been

slotted in a second half of a double bill. It's nothing special — just a well-executed series of slow-burn scares building

**Review**  
**‘The Woman in Black 2: Angel of Death’**  
**Director:** Tom Harper  
**Stars:** Phoebe Fox, Helen McCrory  
**Rating:** PG-13  
 •••••

Schoolteacher Phoebe Fox is spooked by ghosts in the second “The Woman in Black.” / NICK WALL

to a semi-comprehensible climax. Director Tom Harper has clearly studied all the English classics of horror. The film



pits a repressed woman, haunted by having given up her only child for adoption, against supernatural forces. Every

shot is a few notches shy of pitch black, meaning we're always shocked when the ghost emerges from the shadows.

Like the best ghost movies, “Woman in Black: Angel of Death” could function even without a spectral presence. In fact, the arrival of a ghost ruins it, in a sense. The real horror is World War II, with which its characters have had to wrestle. Everyone's plagued by grief, displacement and the constant fear of death. As in “The Babadook,” the fact that there's actually a psychotic spirit is just another thing to worry about. Gloomy and melancholic, this isn't an anonymous “boil” machine. In fact, it's a better portrait of living with war than it is a horror entry about living with ghosts.

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## Box office. ‘Hobbit’ is still burning up the competition



The Benedict Cumberbatch-voiced Smaug returns, briefly, in “The Hobbit: The Desolation of Smaug.” / WARNER BROS. PICTURES

Moviegoers were gifted with a pile of new movies for the holidays, but many still chose to return to Middle-earth. Over the first weekend of the new year, “The Hobbit: The Desolation of Smaug” amassed a further \$21.9 million, bringing its bounty up to \$22.8 million.

Anyone complaining that this trilogy grossly overextended a slim children's novel into three movies — and that should be roughly all of you — can then realize that, in terms of worldwide grosses, the films will have collectively made around

\$3 billion. That might be more dough than what Smaug had in his money bin cave.

It was definitely unlikely that a Stephen Sondheim musical would ever

be a true threat to a film about a hairy-footed small person. And yet “Into the Woods” — featuring the singing of Meryl Streep, Emily Blunt and Chris Pine — came close, scoring

\$19.1 million. That brings its total to \$91.2 million, almost double the North American tally of the last Sondheim movie adaptation, “Sweeney Todd.”

Meanwhile, “The Interview” — the film that some have speculated might be a game-changer in terms of VOD — expanded to 250 theaters but actually saw its grosses drop 39 percent. The \$40 million film has now made, in two weeks, \$4.9 million, which should weaken theories that the controversy was a dastardly marketing ploy.

MATT PRIGGE

## Top 5 earners

- |          |   |
|----------|---|
| <b>1</b> | ‘The Hobbit: The Desolation of Smaug’<br>\$21.9 million     |
| <b>2</b> | ‘Into the Woods’<br>\$19.1 million                          |
| <b>3</b> | ‘Unbroken’<br>\$18.4 million                                |
| <b>4</b> | ‘The Hobbit: The Desolation of Smaug’<br>\$15.7 million     |
| <b>5</b> | ‘Night at the Museum: Secret of the Tomb’<br>\$14.5 million |

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## Interview. Filmmaker Tim Burton made the smallest film he's ever made with 'Big Eyes'

Tim Burton has never made a film as small, but getwise, as the comedic docudrama "Big Eyes." Adjusted for inflation, his latest — chronicling the story of Margaret Keane (Amy Adams), a painter whose husband, Walter (Christopher Waltz), took credit for her immensely popular paintings of sad children with huge eyes — actually has a smaller budget than "Pee-wee's Big Adventure" and "Ed Wood," the latter written, like "Big Eyes," by Scott Alexander and Larry Karaszewski. The film tells a sad story, even though its Golden Globe nominations (for Adams and Waltz) are in the "Comedy or Musical" category.

### Margaret's paintings were huge. What's your memory of them from childhood?

They were all over the place. Prints were in living rooms, restaurants, doctors' offices, dentists' offices, supermarkets. When



Director Tim Burton tells the unusual story of painter Margaret Keane in "Big Eyes." / THE WEINSTEIN COMPANY

the story broke [that Margaret had painted them], it wasn't blown out because it wasn't considered art by critics. If it had been a major artist it would have been embraced by the critical art community. It would have been a front page story. But this was the third page in the Honolulu News.

### Did you like her work

### growing up?

"Liking" is a funny word. I was fascinated by it, because a) it was around and b) I found it disturbing. You'd go to somebody's house and you'd go, "Why do you have a picture of a crying child on your wall?"

**Some of your actors tend to play outsized, but Amy Adams has a very internalized quality.**

### Genre talk

### Rom-com meets horror

Burton says he finds the Golden Globes classification of it as a comedy "slightly weird." He wouldn't call it a drama, though. "I like a mixture of things," he tells us. "I'd call it a dark rom-com psychological horror movie comedy. Good luck trying to sell this one!"

A lot of actors I work with I like because they remind me of silent movie actors. But Margaret is such an internal character. I was fascinated by how much she could portray while being so shy and internal. You could easily see that persona as a victim. But she's not a victim. ... She's one of the quietest, under-the-radar feminists I've ever met. MATT PRIGGE

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Jan. 5

## Why are we so down?

**1** It's the first day that many people return to work.

**2** The weather is only going to get colder before it gets warmer.

**3** Amid all the partying, you may have gained a few pounds.

**4** Budgets are tight after all the holiday spending.

**Stop feeling bummed.** The first workday back can bring on the ultimate case of the Mondays.

The relatives have all gone home, the decorations are put away and the only thing left over from the holidays is, well, the leftovers. But that sigh you let out when the clock ticked over into 2015 was probably not one of relief.

Across the pond, the first Monday of the year is known as Blue Monday. U.K. scientists have analyzed social media and found there is a dramatic increase in postings related to guilt, melancholy and sadness on this day.

We asked Dr. Harold Koenigsberg, professor of psychiatry at Mount Sinai Hospital in Manhattan and a member of the Hope for Depression Research Foun-

### The signs

When it might be time to seek help:

- You feel down pretty much most of the day, every day, and it doesn't go away for a couple weeks or so
- Loss of appetite
- Trouble falling asleep or staying asleep
- Feeling a lot of guilt
- Feeling worthless

Don't get stuck in a mental rut. / PIXLAND



dation, about how to keep our spirits bright through the long, winter nights.

**1 Reset your body clock.** The role of light is not just about getting enough vitamin D; sunrise also resets your

body clock. "When the sunrise comes later, the biological clock gets shifted in time," explains Koenigsberg. Instead of waiting for the sun to come up, start the day by sitting next to a bright light an hour before sunrise.

funk. But it doesn't have to be volunteering; rekindle your interests or find like minds through Meetup.com who share a new passion.

**3 Forgive yourself.** If you racked up debt over Christmas, don't ignore the bills piling up in your mailbox. Accept what's done and look for a solution.

**4 Take mental breaks.** Don't be ashamed of watching silly cat videos on YouTube. "When people get into a rut, it can help to have things that distract them from [negative] thoughts," Koenigsberg says. Or, even better, take a lap around the office — research has shown that five minutes of movement for every hour of sitting can counter its negative health effects.

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# SOME FUN WAYS TO BUILD YOUR SKILLS

It's that time of year again. The holidays are over and it's time to get back down to business. If your New Year's resolutions entail landing the corner office with a nice, big promotion along with whittling down that waistline as well as booking that bucket list trip to Australia, it really is possible to make it all happen.

There are several ways to think outside the cubicle to boost your career while simultaneously rocking out with these robust and healthy New Year's resolutions.

## The joy of improv

Want to ditch public speaking anxieties once and for all? Embrace the fear and take an improv class. Seriously. You'll learn the craft of being on the same team at all times with a variety of people, even if you don't necessarily see eye-to-eye. And you'll learn to go with the flow by rolling with different scenarios.

## Cardio tap dance

"All sweat, no judgment" is the mantra at Cardio Tap, a heart-pumping tap dancing class currently available in New York, Boston and Seattle. If tap is not your thing, any intense dance class will do. The confidence you'll get by nailing two resolutions in one will give you the extra oomph to nail an important job interview or presentation.

Inside HR

## VICKI SALEMI

Vicki Salemi is a career and human resources expert and consultant with 16-plus years of hands-on management experience. She's a public speaker, coach, the author of *Big Career in the Big City* and on-air host of *Score That Job*.

### Boot camp

It's important to get out of your own head sometimes. Move that body and release all notions of work, let out aggression and embrace the intensity of boot camp. Think of this as a natural stress reducer and brain stimulator to return to the office feeling (and looking) a lot lighter and thinking a whole lot clearer.

### Yoga

Create downtime for yourself by taking a yoga class during your lunch break or immediately after work. Self-care is incredibly important when you're working on lofty resolutions like manifesting an amazing trip and the salary to fund it, taking on new, challenging responsibilities or navigating a difficult work situation. Yoga also boosts motivation, creativity and positive well-being about your life and work.



**Yoga clears your mind.**

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**Who knows? Waking up earlier might just make you as happy as this guy. / FUSE**

## 3 Ways to ease your workday

**Resolved.** 2015 is the year to get organized.

The start of a new year is the perfect time to make some much-needed changes to improve the quality of your work life. We reached out to Lindsey Pollack, productivity expert for the Hyatt Place Seamless Travel Series, for her suggestions for practical New Year's resolutions that will make a small but significant impact on your day-to-day life.

**1 Wake up earlier.** Your mornings set the tone of your day, says Pollack, who regularly writes pieces on productivity and business travel for Hyatt Place. Wouldn't it be great if you didn't have to rush out of your house each morning and instead had some time to think? "It's so hard to do, I know," admits Pollack, "but waking up earlier makes a big difference. Don't try to be too drastic right away — you can't set your alarm two hours earlier and expect it to work. For the first week, set your alarm 15 minutes earlier, and then the next week set it 15 minutes earlier than that."

Pollack also suggests creating early morning moments that you'll be eager to wake up for to make things easier. "Maybe there's an early morning SoulCycle class that you've always wanted to try or you want some time to write your novel or learn a new skill. It's time for you to be alone," she says.

**2 Learn the art of delegating.** "Delegating is the practice

of working through other people," Pollack explains. "It's not dumping your work on others to do; it's knowing that you don't have to do everything yourself." In addition to trading tasks with your co-workers (perhaps you can copy-edit for a colleague while he or she helps you with something else), you can also delegate tasks to programs like a virtual assistant app to help keep your day on track.

**3 Say "no" more often.** "Learning how to say no is probably the biggest lesson I've learned in my career," says Pollack. "I think we feel that when we say no, we are letting the person down. But if you say yes to too many things, you are saying no to doing those things well."



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**Horoscope**

**♑ Capricorn | Dec. 22-Jan.**  
**20.** You will benefit from a partnership or joint venture. Follow your heart when it comes to adjustments.

**♒ Aquarius | Jan. 21-Feb.**  
**18.** Be willing to give a little when dealing with someone who could have a positive influence. You will receive help if you are willing to offer something.

**♓ Pisces | Feb. 19-March 20.**  
An interesting relationship will develop as a result of a chance meeting. Your innovative contributions will be a welcome addition to an interesting project.

**♈ Aries | March 21-April 20.**  
You will give the wrong impression if you are pushy. A diplomatic approach will prevent you from being drawn into an argument.

**♉ Taurus | April 21-May 21.**  
If you are serious about furthering your prospects, you need to be honest. Keep the conversation flowing. A surprising person will be interested in you.

**♊ Gemini | May 22-June 20.**  
You should clarify your objectives. Personal issues will be on your mind and should be dealt with. If you must travel, be cautious.

**♋ Cancer | June 21-July 22.**  
If someone makes too many demands, make it clear that you need a break in order to rejuvenate and consider what you are willing to do.

**♌ Leo | July 23-Aug. 22.**  
Look for a way to promote or sell what you have to offer. Something you enjoy doing shows promise and can make you money.

**♍ Virgo | Aug. 23-Sept. 22.**  
You will confuse those around you if you keep changing your mind on issues. Finish what you start before you move on to something new.

**♎ Libra | Sept. 23-Oct. 22.**  
You will have difficulty resolving emotional issues on your own. Confide in a friend if you want advice. Patience will pay off.

**♏ Scorpio | Oct. 23-Nov.**  
**21.** Vital information will be revealed. Don't wait to be told to put everything in place. Your plans are taking shape and your goals are within reach.

**♐ Sagittarius | Nov. 22-Dec.**  
**21.** Consider traveling and connecting with old friends. You will find a new way to use your skills to get ahead.

EUGENIA LAST

**Letters to the editor****Keep giving**

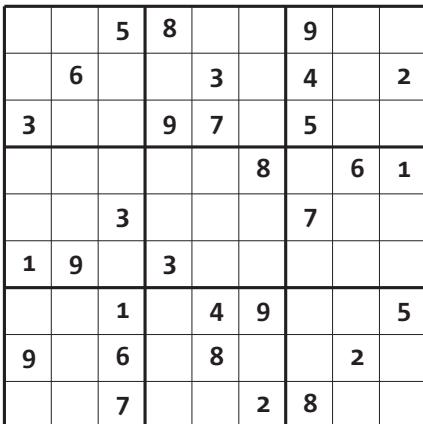
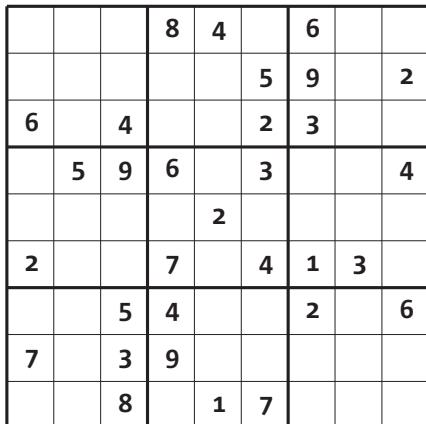
stress and the divorce rate among those in blue is astronomical compared to other occupations. If some officers make mistakes, this should be addressed. Stress management and other training techniques, including cultural sensitivity, are appropriate. Police departments that do not offer this are operating in a mode of systemic failure. Put yourself in the shoes of a police officer: Each day you patrol the streets; some people are extremely violent; others are depressed; some are mentally unbalanced.

Police officers never know what they will face each day. They are asked to be family counselors, social workers and psychiatrists. Having said that, when poor judgment or a violation of conduct standards occur, corrective measures need to occur swiftly. Citizens should have a right to protest; that is why our nation was founded. Grievance procedures need to be in place.

MYLES GORDON, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

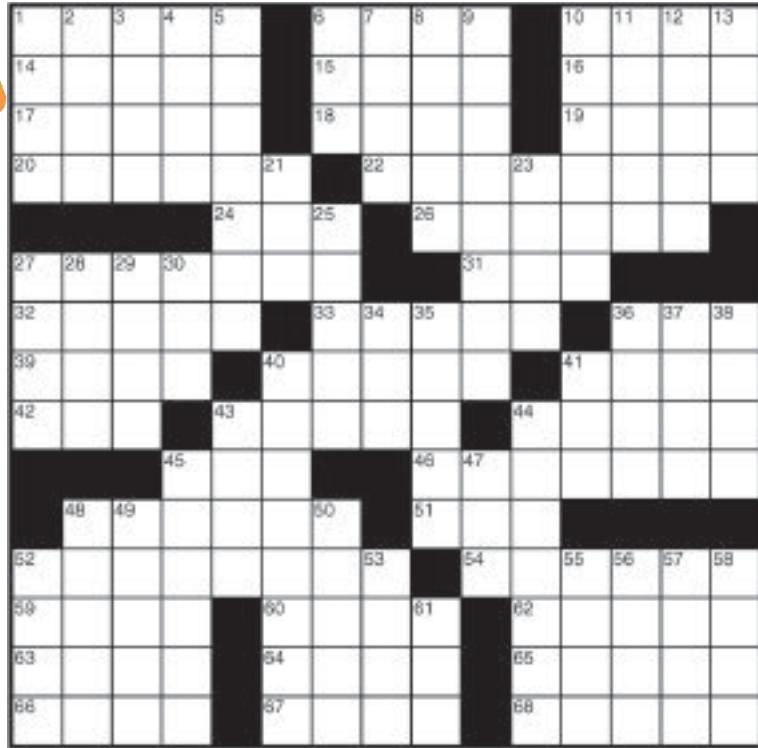
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**Crossword****Across**

- 1 Polar explorer
- 6 Neutral shade
- 10 Feeling low
- 14 San —, Calif.
- 15 Pork selection
- 16 McEntire of music
- 17 Parting word
- 18 Give autographs
- 19 Pretty soon
- 20 Back out
- 22 Enjoyable time (2 wds.)
- 24 Weed whacker
- 26 Most droll
- 27 Family men
- 31 Corp. execs
- 32 Hair-raising
- 33 Auctions
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- 29 Mild expletive
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- 34 Had brunch
- 35 Galahad's weapon

**Dec. 29's answer**

# Dallas and Indy dance into divisional round

**NFL.** The Lions fell apart in Texas while Indy took care of business against the Bengals.

Two of the NFL's most storied franchises will meet in the divisional round in Green Bay next Sunday as the Cowboys will take on the Packers (1:05 p.m., FOX). The Packers and Cowboys last met on Dec. 15, 2013 with a Matt Flynn-led Green Bay team coming from behind to edge Dallas, 37-36 at AT&T Stadium. Aaron Rodgers last played against Dallas in the 2010 season and his Packers blew by the Cowboys, 45-7, at Lambeau Field.

In next weekend's other NFC game, the Seahawks will host Carolina (Saturday, 8:15 p.m.,

## Wild Card Sunday

### Sunday's scores:

- Cowboys 24, Lions 20:** Dallas staged a mighty comeback, overcoming early defensive issues while using an 80-yard touchdown drive in the third quarter and another 59-yard march late in the fourth to oust Detroit.
- Colts 26, Bengals 10:** The Colts defense looked strong, holding Cincy to just 254 yards of total offense. Andy Dalton was overwhelming as he threw for just 155 yards as Cincy became the first team in NFL history to lose four straight opening-round playoff games.



Terrance Williams had two touchdown grabs against the Lions. / GETTY IMAGES

### By the numbers

## 3-4

Ravens quarterback Joe Flacco is 3-4 against the Patriots in his NFL career, which dates back to 2008. Flacco has gone up against the Pats three times in the postseason and has victories in two of those three games.

### NHL

## Hot Rangers ready to tackle West Coast

One of the truisms about team sports is that executives, coaches and players try not to give an opponent additional motivation.

Following the Rangers' completion of a wire-to-wire rout of the Buffalo Sabres, 6-1, Saturday night, coach Alain Vigneault attempted to tell the assembled media in the press conference room on the fifth floor of Madison Square Garden that the laughter was as arduous as the heavyweight dates that await his team this week. "We have a real

challenging road trip," Vigneault said. "We believe all games in this league are challenging. There are no easy games."

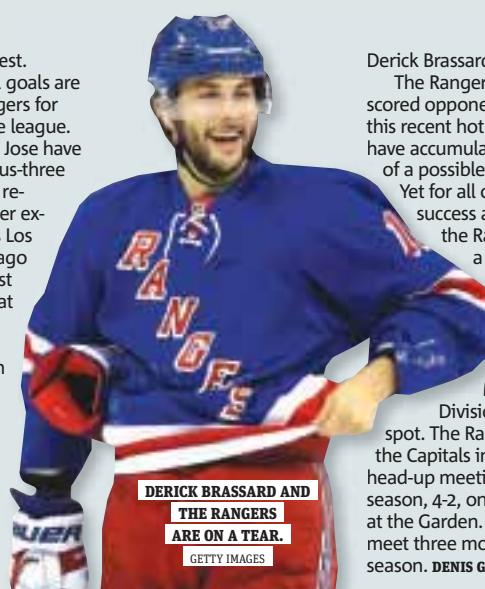
Of course, there are games and then there are GAMES. And these Rangers, winners of 10 of 11 and 12 of 15 dating back to Nov. 28, are about to embark on a West Coast swing in which they will encounter the Anaheim Ducks, San Jose Sharks and the reigning, defending, undisputed Stanley Cup champion Los Angeles Kings.

Anaheim's 56 points are the most in the Western Conference. The Kings are third in the Pacific Division with 47 points, and San Jose holds the second wild

card slot in the West.

The Kings' 111 goals are tied with the Rangers for eighth most in the league. Anaheim and San Jose have a plus-four and plus-three goal differentials, respectively. A further examination reveals Los Angeles and Chicago have the NHL's best Corsi percentage at 54.7 percent. San Jose is eighth in that category with a 51.2 percent ranking, while Anaheim's 50.8 percent is 11th in the league.

"It's going to be big for our team to see where we're at,"



DERICK BRASSARD AND THE RANGERS ARE ON A TEAR. / GETTY IMAGES

Derick Brassard said.

The Rangers have outscored opponents 53-28 in this recent hot stretch, and have accumulated 24 out of a possible 30 points.

Yet for all of their success and results, the Rangers hold a tenuous one-point lead over Washington for the third Metropolitan Division playoff spot. The Rangers beat the Capitals in the first head-up meeting of the season, 4-2, on Dec. 23 at the Garden. They will meet three more times this season. DENIS GORMAN

# 3

## SPORTS



Farewell, Stuart

## ESPN's Scott passes

Stuart Scott, a sports broadcasting icon who rose to fame on ESPN's "SportsCenter" in the 1990s, passed away Sunday morning after multiple battles with cancer. Scott was 49 years old. Scott was known for several catch-phrases that he would deliver during highlights, including, "Boo-yah!" and "As cool as the other side of the pillow." Scott received the Jimmy V Award for Perseverance at this past year's ESPY awards and delivered this message: "When you die, it does not mean that you lose to cancer. You beat cancer by how you live, why you live, and in the manner in which you live."



Visit [Metro.us](#) to read Kristian Dyer's take on all things Jets.

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To learn more about the GRADE study, please contact: The Clinical Pharmacology Program at 212/523-4171.

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NOTICE IS HEREBY GIVEN that a license, Serial # 1282818 for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 211 Avenue A, New York, NY 10009, NY County, for on-premise consumption. Tavern 211 Corp.

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**Notice of Formation** of Erika Oppenheimer, LLC. Articles of Organization filed with Secy. of State of New York (SSNY) on 11/10/2014 Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: LLC c/o 116 West 23rd Street, 5th Fl., New York, NY 10011. Purpose: Any lawful activity.

**Notice of Formation** of 235 Properties LLC Articles of Organization filed with Secy. of State of NY (SSNY) on October 9, 2014. Office location: Kings County SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: 518 12th Street, 3rd Floor, Brooklyn, NY 11215 Purpose: Any lawful activity.

**Notice of Formation** of WL7 LLC Articles of Organization filed with Secy. of State of NY (SSNY) on October 14, 2014. Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail to: c/o Kibum Lee, 100 Riverside Blvd. Suite 25A, New York, NY 10069. Purpose: Any lawful activity.

**NOTICE IS HEREBY GIVEN** that a license, Number Pending for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 9 East 17th Street, New York, NY 10003 for on-premises consumption. 9 East Union Square LLC dba Al Violette.

**NOTICE IS HEREBY GIVEN** that a license, Number 1282625 for a Class Change from Restaurant Wine & Beer (former Serial # 1267278) to On Premise Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 55 Bond Street, New York, NY 10012 for on-premises consumption. Kings 55 Group Inc. dba Le Philosophie.

## Legal Notices

**NOTICE IS HEREBY GIVEN**, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, January 14, 2015 at 2:00 p.m. at 66 John Street, 11th floor, on a petition for A & Z Restaurant Corp. to continue to maintain, and Operate an unenclosed sidewalk cafe 65 Second Ave. in the Borough of Manhattan for a term of four years. REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10019. Purpose: Any lawful activity.

**NOTICE IS HEREBY GIVEN** that a license, Serial # 1283042 for Liquor Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 33 Hudson Street, New York, NY 10013, NY County, for on-premise consumption. Layla Tov Inc.

**NOTICE IS HEREBY GIVEN** that a license, Serial # 1283050 for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 102 Berry Street, Brooklyn, New York 11249, Kings County for on-premise consumption. Oregano LLC.

**NOTICE IS HEREBY GIVEN** that a license, Number 1282698 for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 15-03 College Point Blvd., College Point, NY 11356 for on-premises consumption. Mangu Patio, Inc.

**NOTICE IS HEREBY GIVEN** that a license, Number 1283045 for Eating Place Beer has been applied for by the undersigned to sell Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 176-57 Union Tpke., Fresh Meadows, NY 11366 for on-premises consumption. New Empire Deli & Grocery Corp.

**NOTICE IS HEREBY GIVEN**, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, January 14, 2015 at 2:00 p.m. at 66 John Street, 11th floor, on a petition for Stratos Bakery Corp. dba Bocado Bakery Café to establish, to maintain and operate an enclosed sidewalk cafe at 1297 Lexington Avenue in the Borough of Manhattan for a term of four years. REQUESTS FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10001.

**NOTICE IS HEREBY GIVEN** that a license, Number TBA for Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 475 Columbus Ave., New York, NY 10024, for on-premises consumption. IL RIFUGIO.

## Legal Notices

**Notice of Formation** of 736 Tenth Avenue Cafe LLC. Articles of Organization filed with Secy. Of State of NY (SSNY) on July 3, 2013. Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: LLC c/o: 736 Tenth Ave., New York, NY 10019. Purpose: Any lawful activity.

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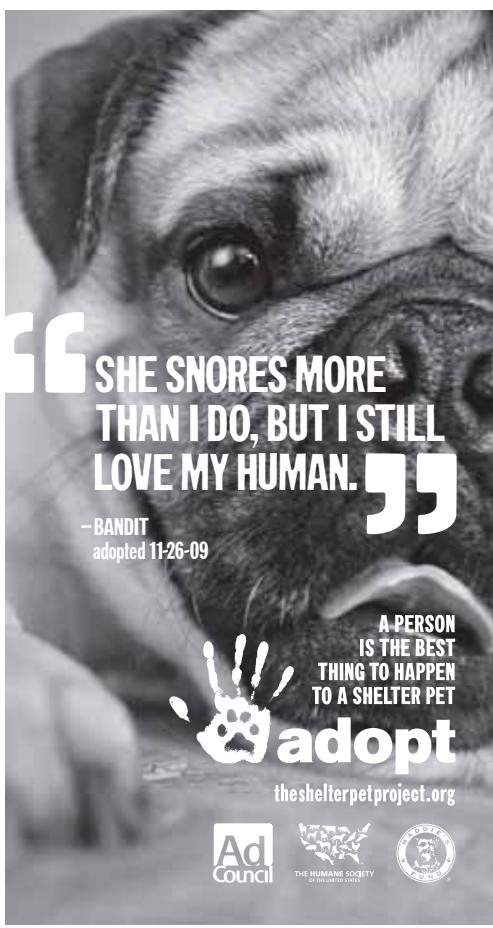
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